#### WEEK NO. (check one) WEEK NO. (check one) Weekly Walk Log **Weekly Walk Log** 1 2 3 4 5 6 7 8 1 2 3 4 5 6 7 8 NAME NAME **ADDRESS** CITY / STATE / ZIP **ADDRESS** CITY / STATE / ZIP Average daily steps from last week \_\_\_\_\_ Average daily steps from last week \_\_\_\_\_ Daily goal average for this week Daily goal average for this week STEPS STEPS TODAY: TODAY: Add steps for all 7 days Add steps for all 7 days smarttrips: eugene smarttrips: eugene Divide by 7 = Average daily steps\_\_\_\_\_ Divide by 7 = Average daily steps\_\_\_\_\_ Multiply by 1.2 (your daily goal Multiply by 1.2 (your daily goal until you reach 10,000) until you reach 10,000)\_\_\_\_\_ Call and we'll send you 7 more! 541-682-5094 or email lindsay.r.selser@ci.eugene.or.us. Call and we'll send you 7 more! 541-682-5094 or email lindsay.r.selser@ci.eugene.or.us. WEEK NO. (check one) WEEK NO. (check one) Weekly Walk Log **Weekly Walk Log** 1 2 3 4 5 6 7 8 1 2 3 4 5 6 7 NAME NAME CITY / STATE / 7IP CITY / STATE / 7IP **ADDRESS** ADDRESS Average daily steps from last week \_\_\_\_\_ Average daily steps from last week \_\_\_\_\_ Daily goal average for this week Daily goal average for this week \_\_\_\_\_ STEPS STEPS TODAY: TODAY: Add steps for all 7 days Add steps for all 7 days Divide by 7 = Average daily steps Divide by 7 = Average daily steps Multiply by 1.2 (your daily goal Multiply by 1.2 (your daily goal until you reach 10,000)\_\_\_\_\_ until you reach 10,000)\_\_\_\_\_

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Address            City            State	Name	
City State Zip	Address	
	City	StateZip

# Name \_\_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_\_ State \_\_Zip \_\_\_\_\_

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